DMHAS Education and Training Catalog

Spring 2011

www.ct.gov/DMHAS/EducationTraining

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What's New!!!

8 NEW Instructor-Led training offerings

DMHAS EDUCATION AND TRAINING DIVISION PERSONNEL INFORMATION

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CONTINUING EDUCATION CREDIT (CEU) INFORMATION CONNECTICUT CERTIFICATION Category 1 Contact Hours are available for some classes. Participants MUST CCB ATTEND 100% of the class to be eligible to receive this certificate. BOARD CONNECTICUT ASSOCIATION OF Available for some classes. Participants MUST ATTEND 100% of the class MFT MARRIAGE & FAMILY to be eligible to receive this certificate. **THERAPISTS** Continuing Education Credits (C.E.C.'s) are available for some classes. SW SOCIAL WORK NASW/CT Participants MUST ATTEND 100% of the class to be eligible to receive this certificate. D.M.H.A.S. IS APPROVED TO PROVIDE CONTINUING NURSING Available for some classes. Participants MUST ATTEND 100% of the class CNA EDUCATION CREDITS BY THE to be eligible to receive this certificate. CONNECTICUT NURSES' **ASSOCIATION**

Online Registration: Frequently Asked Questions

- Q: Where do I go to register online?
- A: In your internet browser window, go to the address line at the top and type in http://www.lms.ct.gov/ or access the page from our website. You will need a username and password to access the website.
- Q: From what email address will I receive notifications about training?
- A: <u>Education.training@po.state.ct.us</u>
- Q: How do I get my username and password?
- A: Fill out the My Profile Information Form and send it back via email or fax, as noted on the bottom of this form. Your username and password will be sent to you via email from Education.training@po.state.ct.us
- Q: How do I update my email address or other profile information?
- A: Please fill out the <u>My Profile Information Form</u> selecting "Update Profile" and include your username. Enter the information that needs to be changed and send back via email or fax.
- Q: How do I search the catalog for a class?
- A: Please view our website for the <u>Instruction Guide</u> and go to the section on searching for classes.
- Q: How do I register for a class?
- A: Please view our website for the <u>Instruction Guide</u> and go to the section on registering for classes.
- Q: How can I view my current enrollment status?
- A: Please view our website for the <u>Instruction Guide</u> and go to the section on viewing enrollments.
- Q: How can I drop/cancel out of a class I am already enrolled in?
- A: Please view our website for the Instruction Guide and go to the section on dropping classes.
- Q: Where do I find the "My Learning" tab?
- A: After logging in or from anywhere within the LMS, it is the second tab within the web-page along the top from the left.
- Q: How do I get a copy of my transcript?
- A: Online transcripts are only available for classes that have been held after 1/1/09. Please view our website for the <u>Instruction Guide</u> and go to the section on my transcript. For official transcripts or transcripts that include classes prior to January 1, 2009, please contact Anita at <u>Anita.Bengtson@po.state.ct.us</u>
- Q: Why can't I locate and register for a class that's scheduled in 7 days or less?
- A: The enrollments on most classes close one week prior to the start date of the class. Once the enrollment closes, the class is no longer viewable for registration.
- Q: How can I search for classes on a specific topic?
- A: Enter the topic in the Catalog Search box.
- Q: How can I tell if a class offers CEU's?
- A: Select the offering by clicking on the title of the class, scroll down to view the abstract section where it lists which, if any, CEU's are offered.

REGISTRATION INFORMATION FOR INSTRUCTOR-LED TRAINING OFFERINGS

- The training schedule, in this catalog, includes date(s), times, titles, facility and CEUs associated to the offerings we currently have available.
- To register you must go through our Online Registration System (http://www.lms.ct.gov)
- Register online early, most classes fill quickly!
- If you do not have a username and password fill out the <u>My Profile Information Form</u> located on our website (<u>www.ct.gov/dmhas/educationtraining</u>) and return via email or fax as indicated on bottom of the form, and you will receive your login information by email.
- To access course descriptions and additional information about our offerings, please log into our Online Registration System and search our online catalog. Once you find the training you are interested in, click on the title of the offering, the description, room, and instructor will be listed for each offering.
- Participants will receive an email regarding their enrollment status (Confirmed or Wait listed). <u>PLEASE READ YOUR EMAILS COMPLETELY and MARK YOUR CALENDAR!</u>
- Registration emails (Confirmed or Wait listed) are coming from
 <u>Education.training@po.state.ct.us</u>. Please be sure to check your SPAM filter to mark this
 email address as SAFE. Contact your IT (Information Technology) person, if you have
 questions.
- If you are on a wait list and a seat becomes available, an email will be sent offering you the seat. You must ACCEPT the offered seat, through the online Learning Management System (LMS) within five (5) calendar days to be enrolled in the class, otherwise, your registration will be cancelled and your seat will be offered to the next person on the wait list. To accept the open seat, select the "My Learning" tab in the LMS and click on ACCEPT OPEN SEAT under the "Action" column.
- Room assignments are provided in your confirmation email.
- <u>PLEASE NOTE</u>: <u>Multiple Session Classes are clearly noted in this catalog and take place</u> over several days.
- Directions and instructor biographies are located on our website (www.ct.gov/dmhas/educationtraining).

Our Fall Catalog (September, October, November, and December) will be available for online registration in mid-July.

Additional training resources and links can be accessed through our website at: www.ct.gov/dmhas/educationtraining (Please scroll all the way to the bottom of the page to locate this information.)

CANCELLATION INFORMATION

On a rare occasion, the instructor may cancel a class. Therefore, we strongly encourage you to check your email for notice of cancellation.

If you are unable to attend a class for which you have been enrolled, please drop your registration as soon as possible. This will allow other participants on the Waiting List an opportunity to be contacted to attend.

To drop a class, log onto the online Learning Management System (LMS) (http://www.lms.ct.gov), go to the "My Learning" tab and click "Drop" under the "Action" column for the title of the class you will not be attending.



FAILURE TO CANCEL YOUR ENROLLMENT FOR CLASSES YOU ARE UNABLE TO ATTEND MAY AFFECT YOUR ELIGIBILITY TO REGISTER FOR FUTURE CLASSES.

INCLEMENT WEATHER PROCEDURES

- ❖ Participants may call (860) 262-5071 after 7:00 a.m. to listen to a recorded announcement stating if classes are cancelled. As many of our classes are conducted at offsite locations, which include non-state run offices, it will be important to be sure the class is being conducted.
- ❖ If there is no announcement when you contact the above Education and Training Division number, the class will be conducted, as scheduled.
- ❖ In the event of a cancellation due to inclement weather, all registered participants will be notified of the rescheduled date of the class by email.

AMERICANS WITH DISABILITIES ACT (A.D.A.):

Any special accommodations needed at our classes must be requested by contacting Gail Link at (860) 262-5062 or you may email Gail at gail.link@po.state.ct.us IMMEDIATELY UPON REGISTRATION

April Instructor-Led Training Offerings

Date(s)	Time	Title	Facility *	CEUs
4/1, 4/8 and 4/15/11	9:00 - 4:00	Veterans Resources Representative Training	CVH	CCB, MFT, SW
4/4/11	9:00 - 3:30	Translating Neurobiology into Clinical Advances NEW!	CVH	CCB, MFT, SW@
4/5/11	9:00 - 3:00	Job Developing Strategies in Supported Employment	CVH	CCB, MFT
4/5 and 4/12/11	9:00 - 3:30	Understanding Psychiatric Medications	CC	CCB, MFT, SW, CNA
4/6, 4/13, 4/20 and 5/4/11	9:00 - 1:15	Motivational Interviewing Intensive	CVH	CCB, MFT, SW
4/6/11	9:00 - 3:30	Responding to Crisis and Emergency Situations in Co-Occurring Disorders	CC	CCB, MFT, SW
4/7/11	9:00 -12:15	Coaching to Improve Employee Performance	CVH	
4/7/11	1:00 - 4:15	Presenting Performance Appraisals	CVH	
4/7/11	9:00 - 3:30	Eight Performance Domains for Substance Abuse Counselors	CC	ССВ
4/8 and 4/15/11	9:00 - 3:30	Best Practices for Clients with Anxiety Disorders and Co-occurring Substance Use	CC	CCB, MFT, SW
4/12/11	9:00 - 4:30	Understanding Mental Health Conditions	CVH	CCB, MFT, SW
4/13/11	9:00 - 12:15	Ethics for Substance Abuse Counselors: Dual Relationships	CC	ССВ
4/13/11	1:00 - 4:15	Ethics for Substance Abuse Counselors	CC	ССВ

- * Facility: CVH = Connecticut Valley Hospital, Middletown CC = Connecticut Clearinghouse, Plainville
- PARTICIPANTS WHO COMPLETE 100% OF THE TRAINING WILL RECEIVE A CERTIFICATE OF ATTENDANCE WHICH INCLUDES INFORMATION ON THE CEUS PROVIDED WITH THAT TRAINING
- @ = CEU Application Pending
- Training is open to staff of D.M.H.A.S. Operated or D.M.H.A.S. Funded Agencies and P.A.C.C.T. students, unless otherwise indicated below the title on the training

April Instructor-Led Training Offerings (continued)

Date(s)	Time	Title	Facility *	CEUs
4/14/11	8:30 - 4:30	Assessing & Managing Suicide Risk: Core Competencies for Mental Health Professionals New! (See page 11 for IMPORTANT DETAILS)	CC	See page 11
4/18/11	9:00 – 12:15	Strategies for Improving Family Involvement New!	CVH	CCB, MFT, SW
4/19/11	9:00 - 4:30	From Diversity to Cultural Competency	CVH	CCB, MFT, SW
4/21/11	9:00 - 4:00	Skills Training in Community Support Programs (CSP) New!	CVH	CCB, MFT, SW
4/26/11	9:30 - 12:00	Sexual Harassment Prevention Training for Supervisory Employees (For DMHAS State Employees Only)	CVH	
4/26/11	1:00 - 4:15	A Supervisor's Guide: Leading Others Through Change	CVH	
4/27/11	9:30 - 12:00	Sexual Harassment Prevention Training for Supervisory Employees (For DMHAS State Employees Only)	CVH	
4/27/11	9:00 - 12:15	Domestic Violence Prevention Training for Healthcare Professionals	CVH	CCB, MFT, SW
4/27/11	8:30 - 4:30	Assessing & Managing Suicide Risk: Core Competencies for Mental Health Professionals New! (See page 11 for IMPORTANT DETAILS)	СС	See page 11
4/28/11	9:00 - 3:30	A Wholistic Approach to Detoxification and Early Recovery	CC	CCB, MFT
4/29/11	9:00 - 3:30	Ethical Issues in Clinical Supervision	CC	ССВ
4/29/11	9:00 - 4:30	Hepatitis C Support Project: Understanding Hepatitis C New! (See page 11 for IMPORTANT DETAILS)	CVH	CCB, MFT SW@

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^{• @ =} CEU Application Pending

[•] Training is open to staff of D.M.H.A.S. Operated or D.M.H.A.S. Funded Agencies and P.A.C.C.T. students, unless otherwise indicated below the title on the training

May Instructor-Led Training Offerings

Date(s)	Time	Title	Facility *	CEUs
5/2/11	9:00 - 4:30	HIV 101: The Basics	CVH	CCB, MFT
5/3/11	9:00 - 12:15	Ethics for Substance Abuse Counselors: Cultural Competence	CC	ССВ
5/3/11	9:00 - 3:30	Recovery's Missing Piece- A Lesson from Problem Gambling: Financial Literacy for Clients and Counselors New!	CVH	CCB, MFT, SW@
5/5/11	9:00 - 12:15	Intro. to the Dual Diagnosis Capability in Addiction Tx and Dual Diagnosis Capability in Mental Health Tx Assessment Tools	CVH	CCB, MFT, SW
5/9/11	9:00 - 3:00	Employment Law in Connecticut	CVH	CCB, MFT, SW
5/11/11	9:00 - 4:30	Healing Racism Dialogue Session	CVH	CCB, MFT, SW
5/11/11	9:00 - 4:30	An Introduction to Mindfulness Meditation Practice for Behavioral Health Professionals	CVH	CCB, MFT, SW
5/12/11	9:00 - 12:15	Ethics for Substance Abuse Counselors: Boundaries	CC	ССВ
5/12/11	9:00 – 12:15	Strategies for Improving Family Involvement New!	CVH	CCB, MFT, SW
5/13/11	9:00 - 3:30	Best Practices for Clients with Anger Disorders	CC	CCB, MFT, SW
5/16/11	9:00 - 12:15	Collaborative Treatment Planning in Recovery-Oriented Care	CVH	CCB, MFT, SW
5/17/11	9:00 - 3:30	Taking Charge: An Adolescent Group Curriculum Approach to Apply in Treatment Settings New!	CVH	CCB, MFT, SW@
5/18/11	9:00 - 3:00	Supported Education: A Vision of Recovery	CVH	

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May Instructor-Led Training Offerings (continued)

Date(s)	Time	Title	Facility *	CEUs
5/19/11	9:00 - 3:30	Medications Used To Treat Addictions	CC	CCB, MFT, SW
5/19/11	9:00 - 4:30	Overview of Acquired Brain Injury	CVH	CCB, MFT, SW
5/20/11	9:00 - 4:30	Buprenorphine 101	СС	CCB, MFT
5/23 and 5/24/11	9:00 - 4:30	Older Adults with Mental Health and Substance Use Conditions	CVH	CCB, MFT, SW
5/26/11	9:00 - 12:15	Responding to Stress and Change in the Workplace	CVH	

June Instructor-Led Training Offerings

Date(s)	Time	Title	Facility *	CEUs
6/2/11	9:00 - 12:15	Faith, Spirituality and Recovery	CVH	CCB, MFT, SW
6/3/11	9:00 - 4:30	Ethics and Boundaries for Behavioral Health Workers	CVH	CCB, MFT
6/8/11	9:00 - 12:15	Integrating and Developing Mutual Support Programs New!	CVH	CCB, MFT, SW
6/9/11	9:00 - 12:15	A Supervisor's Guide: Managing through Turbulent Times	CVH	
6/23 and 6/30/11	9:00 - 3:30	Understanding Psychiatric Medications	CVH	CCB, MFT, SW, CNA
6/28/11	9:00 - 3:30	Spirituality - Its Place in Treatment and Recovery	CC	CCB, MFT, SW

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- @ = CEU Application Pending
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Assessing & Managing Suicide Risk: Core Competencies for Mental Health Professionals

April 21 or April 27, 2011

Registration 8:00 Workshop 8:30 - 4:30

Connecticut Clearinghouse, Plainville

A one-day workshop for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client. The training teaches essential core competencies that meet the needs of an entire spectrum of mental health professionals. It is sponsored by Wheeler Clinic, the Suicide Prevention Resource Center, and the American Association of Suicidology.

The Suicide Prevention Resource Center currently offers six and a half (6.5) continuing education (CE) clock hours to AMSR workshop participants for attendance and is authorized by the National Association of Social Workers (NASW). No partial credit will be given for partial attendance.





Hepatitis C Support Project: Understanding Hepatitis C

April 29, 2011

Registration 8:30 Workshop 9:00 - 4:30

Connecticut Valley Hospital, Page Hall, Solarium

An intensive interactive one-day workshop to help staff members to better serve those at risk for or chronically infected with the Hepatitis C Virus (HCV). The course content includes: liver wellness; an overview of viral hepatitis, transmission of viral hepatitis; HCV natural history and disease progression; HCV symptoms; diagnosing HCV; HCV treatment options and considerations; HCV case management and resources; action steps and plan linked to the local state public health viral hepatitis strategic plan.

Pre-workshop Requirement:

This workshop <u>requires</u> the completion of a Self-study HCV Guide and a pre-test, which need to be completed and <u>submitted by participants at the start of the workshop</u>. The Self-study HCV Guide and pre-test are <u>not</u> included in the course contact hours. <u>The Self-study HCV Guide</u> and pre-test will be sent to attendees, via email, shortly after their enrollment in this workshop.

Important Note:

Registration begins at 8:30 a.m. Please plan to arrive on time as a continental breakfast is provided.

LUNCH IS ALSO PROVIDED AS PART OF THIS SPECIAL WORKSHOP

Self-Directed Web-Based Training: Frequently Asked Questions

- Q: What does my computer need (system requirements) for me to take self-directed web-based trainings?
- A: Your computer must have internet access (DSL or Cable recommended for faster connection), Adobe Flash Player, and Pop-UP blockers must be disabled on your Browser and Google toolbar.
- Q: How do I complete the quiz?
- A: In some trainings, the quiz is included at the end of the presentation. Other trainings will require you to launch the quiz separately. Once you complete the presentation, close the presentation window. You will see the name of the training and the word quiz (e.g. ASAM Placement Criteria Quiz). Scroll to the right of the quiz name and click "Launch" in the "Actions" column.
- Q: If I don't finish the training in one sitting, how do I get back to it to finish?
- A: After logging in, click on the "My Learning" tab. You are automatically brought to your Enrollments. Scroll down to find the name of the training that you want to finish. To the right of the training name, click "Launch" in the "Actions" column.
- Q: I completed the web-based training, but it did not show up on my transcript, why?
- A: If you did not view all of the presentation and/or complete the quiz in **one** enrollment, you will not get credit. You must finish the training and complete the quiz within the same enrollment. View previous question for instructions to complete the training.
- Q: How do I know if a web-based training offers CEUs?
- A: You can refer to the list of web-based trainings in the catalog and check under the column entitled "CEUs" or you can go to the online Learning Management System (LMS) and perform a catalog search for the training title. Click on the title of the training, CEU information is contained in the Abstract section of the training details. If the Abstract lists N/A, there are no CEUs associated with the training.
- Q: How would I get a certificate with Continuing Education Units (CEUS) for a webbased training?
- A: Upon successful completion of the training and quiz, send an email with your name, Username and the name of the web-based training to Education.training@po.state.ct.us. Put "Request for CEU Certificate" in the subject line. A certificate will be emailed to you. If you do not need CEUs for licensure or certification, you will not need this certificate. A record of the training will automatically be recorded in your transcript.

Self-Directed Web-Based Training Offerings

Training Title	Credit Hours	CEUs Offered
Anaphylactic Allergic Reactions and Epinephrine Auto-Injectors	2	SW
ASAM Patient Placement Criteria **	2	CCB, MFT, SW
Assessment in Community Support Programs (CSP) and Recovery Pathways (RP)	1	CCB, MFT, SW
Barriers to Recovery **	3	CCB, MFT, SW
Beck Depression Inventory - II-R in Health & Human Service Settings **	1.5	CCB, MFT, SW
Bed Bugs Overview	1	SW
Bipolar Disorder **	4	CCB, MFT, SW
Blood and Body Fluid Clean Up: Overview	1	SW
Bringing the Full Power of Science to Bear on Drug Abuse and Addiction	1	ССВ
Case Management Basics **	3	CCB, MFT, SW
Cognitive Processing Therapy for PTSD in Veterans and Military Personnel **	2.5	CCB, MFT, SW
Community Support Programs (CSP): From Maintenance to Rehabilitation	2	CCB, MFT, SW
Confidentiality of Substance Abuse Treatment **	2	CCB, MFT, SW
Co-Occurring Disorders **	3	CCB, MFT, SW
Coordinating Primary Care Needs of Clients for Paraprofessionals **	4	CCB, MFT, SW
Coordinating Primary Care Needs of People with SMI **	4	CCB, MFT, SW
Crisis Management **	2	CCB, MFT, SW
Cultural Issues in Mental Health Treatment **	3	CCB, MFT, SW
Diabetes Mellitus Basics	2	SW
Diagnosing Substance Abuse in Older Adults **	4	CCB, MFT, SW
Domestic and Intimate Partner Violence **	2	CCB, MFT, SW
Eating Disorders: Diagnosis and Treatment **	3	CCB, MFT, SW
Effective Educational Strategies **	4	CCB, MFT, SW
Employee Safety: Preventing Slips, Trips and Falls	0.5	SW
Epidemiology of PTSD in Military Personnel and Veterans **	2.5	CCB, MFT, SW

@ = CEU Application Pending

^{** -} PLEASE NOTE: These training offerings will no longer be available after June 30, 2011

Self-Directed Web-Based Training Offerings (continued)

Training Title	Credit Hours	CEUs Offered
Food Safety and Kitchen Hygiene Overview	1	SW
GAF Training **	2	CCB, MFT, SW
Goals, Values and Guiding Principles of Psychosocial Rehabilitation **	2.5	CCB, MFT, SW
Grief and Loss **	2	CCB, MFT, SW
Hepatitis A Virus (HAV): An Introduction	1	CCB, SW
Hepatitis B Virus (HBV): An Introduction	1	CCB, SW
Hepatitis C Virus (HCV): An Introduction	1	CCB, SW
HIV/AIDS **	7	CCB, MFT, SW
Infection Control and Prevention for Community Health Care Workers (available for Funded Agency Employees ONLY)	1	
Integrated Treatment for Co-Occurring Disorders Part 1 – EBP **	3	CCB, MFT, SW
Integrated Treatment for Co-Occurring Disorders Part 2 – EBP **	2	CCB, MFT, SW
Intentional Peer Support About Peer Support **	2	CCB, MFT, SW
Intentional Peer Support: First Contact and Language **	1.5	CCB, MFT, SW
Meeting the Behavioral Health Needs of Returning Veterans **	3	CCB, MFT, SW
Motivational Interviewing **	4	CCB, MFT, SW
MRSA Overview	1	SW
N95 Health Care Respirator Fit Testing Overview	1	SW @
N95 Health Care Respirator Overview	1	SW @
Overview of Family Psychoeducation: Evidenced Based Practices **	1.5	CCB, MFT, SW
Overview of Mental Health Issues in Older Adults **	3	CCB, MFT, SW
Overview of Severe Persistent Mental Illness **	1.5	CCB, MFT, SW
Overview of Suicide Prevention **	3.5	CCB, MFT, SW
PCP: Understanding Phencyclidine	0.5	ССВ
Predicting Violence and Threat Assessment **	3	CCB, MFT, SW
Promoting Recovery in Mental Health Treatment **	1.5	CCB, MFT, SW

^{@ =} CEU Application Pending

^{** -} PLEASE NOTE: These training offerings will no longer be available after June 30, 2011

Self-Directed Web-Based Training Offerings (continued)

Training Title	Credit Hours	CEUs Offered
Psychosocial Rehabilitation and Recovery **	2	CCB, MFT, SW
Recognizing EPS and Tardive Dyskinesia **	1.5	CCB, MFT, SW
Recovery and Severe and Persistent Mental Illness **	3	CCB, MFT, SW
Recovery Planning and Documentation in Community Support Programs (CSP) and Recovery Pathways (RP)	1	CCB, MFT, SW
Resilience and SPMI **	2	CCB, MFT, SW
Supported Employment for Permanent Supportive Housing in Connecticut	2.5	CCB, MFT, SW
Supported Employment for Social Service Agencies **	6	CCB, MFT, SW
The Criminal Justice System	2	CCB, SW
The Twelve Steps **	1	CCB, MFT, SW
Therapeutic Boundaries **	1.5	CCB, MFT, SW
Therapeutic Communications **	2	CCB, MFT, SW
Tools for Engaging Clients in Services	2	CCB, MFT, SW
Treating Substance Abuse in Older Adults **	4	CCB, MFT, SW
Understanding Drug Abuse and Addiction: What Science Says	0.5	ССВ
Working with People Diagnosed with Schizophrenia	2	CCB, MFT, SW

^{@ =} CEU Application Pending
** - PLEASE NOTE: These training offerings will no longer be available after June 30, 2011

Additional Training Resources

The Connecticut Certification Board (CCB)

The Connecticut Certification Board (CCB) now offers a training catalog with many free and low cost courses. The catalog presents courses on several topics including evidence-based practices, professional development and the certification process. Courses are offered in half and full day workshop formats as well as self-paced learning, multi session and webbased courses. The C.C.B. courses previously listed in the DMHAS Education and Training catalog such as Preparing for Certification as an Addiction Counselor, Preparing for Certification as a Co-Occurring Disorders Professional, Planning Your Counseling Career and Supervising Counselor Certification will now be listed in the CCB Training Catalog available on the CCB website www.ctcertboard.org.

For more information about CCB courses or to register for courses, please visit the CCB website or call the office at 203.284.8800.

If you have questions about certification, the CCB provides free training and technical assistance to help you complete the certification process. Contact the CCB offices at 203.284.8800 or visit the CCB website for more information at www.ctcertboard.org

SOLUTIONS - E.A.P. (EMPLOYEE ASSISTANCE PROGRAM)

Solutions - E.A.P. is available to conduct one-hour workshops on-site at D.M.H.A.S. facilities.

A range of topics is available including, but not limited to the following:

- ♦ Build Your Own Stress Kit
- ♦ Staying Cool When Things Get Hot (Conflict Resolution)
- ♦ Life Raft on a Sea of Change (Change Management)
- ♦ Relaxation Techniques
- ♦ Stop Time From Ticking You Off (Time Management)

Solutions E.A.P. will also make on-site visits to explain the program in detail to employees or managers.

Call Solutions at 1-800-526-3485 or email egonzalez@abhct.com to start the process.